

# KAREN FORNER

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EMPLOYER  
**SOLUTIONS**  
LAW

## LABOR & INDUSTRIES

- WORKERS' COMPENSATION
- SAFETY (WISHA/DOSH)
- WAGE AND HOUR
- REVAILING WAGE

## EMPLOYMENT LAW

- DISCRIMINATION
- POLICIES AND HANDBOOKS
- EEOC/HRC
- UNEMPLOYMENT

## TRAINING



EMPLOYER  
**SOLUTIONS**  
LAW

# MENTAL HEALTH AND SUICIDE AWARENESS

Karen Forner



## Karen G. Forner

Born and raised in Washington State

Attended Whitman College and UW Law

14 years with Attorney General's Office in L&I Division

Private Practice Representing Employers on all L&I Issues and Employment Law since 2007

Frequent Trainer and Presenter

Create new contact

SAVE

Saving to  
[REDACTED]@gmail.com

First name

Last name

Phone

Mobile

Email

Home

More fields

**SUICIDE PREVENTION LIFELINE:  
1-800-273-(TALK) 8255**

\*FCC just approved **988** as the three-digit number to dial and be directed to the 24/7 national hotline – Effective by July 2022.

CRISIS TEXT LINE:  
Text any word to 741-741

Email Karen and she will email you the contact or Text it to you.

# LEARN

- L Look for Signs
- E Empathize and Listen
- A Ask Directly About Suicide
- R Remove the Danger
- N Next Level of Care

SUICIDE LIFELINE

800-273-8255 OR TEXT 741741

# RESOURCES



**FOR IMMEDIATE HELP WITH  
A SUICIDE CRISIS  
CALL 1-800-273-TALK (8255).**



**CRISIS TEXT LINE: TEXT  
HELLO (OR ANYTHING) TO  
741741  
(24-HOUR SUPPORT)**



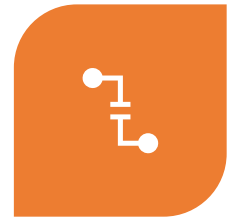
**TO LEARN MORE ABOUT THE  
COMPREHENSIVE  
APPROACH TO WORKPLACE  
SUICIDE PREVENTION, VISIT  
THE NATIONAL ACTION  
ALLIANCE FOR SUICIDE  
PREVENTION:  
[HTTPS://THEACTIONALLIANCE.ORG/COMMUNITIES/WORKPLACE](https://theactionalliance.org/communities/workplace)**



**GET TO KNOW YOUR EAP  
OR COMMUNITY MENTAL  
HEALTH PROFESSIONALS.  
INVITE THEM TO GET TO  
KNOW THE EMPLOYEES AND  
THE CULTURE OF THE  
CONSTRUCTION INDUSTRY.**



**PRINT OUT A WALLET CARD  
FOR HELP AND WARNING  
SIGNS:  
[HTTP://WWW.CONSTRUCTIONWORKINGMINDS.ORG/WALLET-CARDS.HTML](http://www.constructionworkingminds.org/wallet-cards.html)**



**DOWNLOAD A FIVE-STEP  
MODEL FOR SUICIDE  
PREVENTION HERE:  
[HTTP://WWW.INTHEFOREFRONT.ORG/WP-CONTENT/UPLOADS/2017/09/PDT\\_LEARN\\_ONEPAGERCOLOR\\_2018\\_07\\_27.PDF](http://www.intheforefront.org/wp-content/uploads/2017/09/PDT_LEARN_ONEPAGERCOLOR_2018_07_27.PDF)**

<https://www.samhsa.gov/find-help/national-helpline>

[mantherapy.org](https://www.mantherapy.org)

<http://www.intheforefront.org/>

CDC – Coping with Stress <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

POSTERS - <https://preventconstructionsuicide.com/Posters>



# Suicide & Mental Health Resources

<https://www.samhsa.gov/find-help/national-helpline>

[mantherapy.org](http://mantherapy.org)

<http://www.intheforefront.org/>

CDC – Coping with Stress <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

POSTERS - <https://preventconstructionsuicide.com/Posters>

National Action Alliance for Suicide Prevention:  
<https://theactionalliance.org/communities/workplace>

WALLET CARD: <https://www.constructionworkingminds.org/wallet-cards>

- Check with your insurance agent and industry association.
- Employee Assistance Programs.

## SUICIDE PREVENTION LIFELINE:

1-800-273-(TALK) 8255

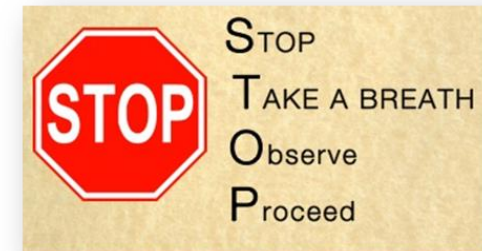
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## LEARN

[Link](#)

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KAREN GALIPEAU FORNER



Founder and Partner

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# Questions?

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